

## CAT FOOD – NUTRITIONAL COMPOSITION

Data compiled by Lisa A. Pierson, DVM – September 2012

Data provided by the respective companies – June – September 2012

CALORIE %				DRY MATTER %				kcal/5.5 oz unless otherwise noted
P	F	C	mg Phos/100 kcals	P	F	C	Phos DM	
P = protein, F = fat, C = carbohydrate				Phos = Phosphorus				kcal = "calories"

Please visit [catinfo.org](http://catinfo.org), as well as the bottom section of this chart, for more information regarding feline nutrition and other health care topics. Note that there is no dry kibble included here. See the [Urinary Tract Health](#) and [Diabetes](#) webpages at [catinfo.org](http://catinfo.org) for reasons why dry food is not recommended for cats. The main reasons are: 1) **Water-depleted** diets do not promote urinary tract health and they significantly increase your cat's risk for very painful and potentially fatal urethral obstructions, as well as cystitis. 2) Diets high in **carbohydrates** negatively impact the blood sugar level of many cats and are not species-appropriate diets. The insulin needs of diabetic cats nearly always decrease *significantly* when their dietary carbohydrate load is decreased. *A serious hypoglycemic state can occur when this is not recognized.* 3) Cats are **obligate carnivores** and are designed to get their **protein from animal sources**, not plants (grains and vegetables).

If your cat is addicted to dry food see [Tips for Transitioning Dry Food Addicts to Canned Food](#).

**This chart includes:**

- 1) Canned/pouch
- 2) Pasteurized with heat
- 3) Dehydrated – pasteurized with high pressure processing (HPP)
- 4) Dehydrated – no pasteurization
- 5) Raw – pasteurized with HPP
- 6) Raw – no pasteurization
- 7) Veterinarian-prescribed

A [sortable chart](#) was created by a helpful reader of [catinfo.org](http://catinfo.org) but please note that it will not be kept as up-to-date as this chart. For instance, the new (as of 5-31-14) Tiki Cat values have not been added to the Sortable Chart.

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<p>A companion chart listing foods in <a href="#">ascending order of phosphorus level</a> is available but if there are any discrepancies between the two charts, this main chart will be more current.</p>								
<b>CHART NOTES</b>								
<p>5-31-14 Update: It has been almost 2 years since I compiled this chart. There is no doubt that some companies have since updated their formulations. However, at this time, I do not have any free time to devote to updating this chart. Therefore, it is up to the consumer to gather their own data from the respective companies for any new products. See my <a href="#">Commercial Food</a> page – <i>Contacting Pet Food Companies</i> section – for more information. Note that if any updates are made, I will make a notation of the date of the newer information next to the product name.</p>								
<p>5-31-14: Tiki Cat and Merrick Purrfect Bistro information has been updated.</p>								
<p>1) I recommend that the reader <b>ignore the Dry Matter Basis</b> data and just focus on the <b>Calorie</b> values – the first 4 columns. Most nutritionists prefer to consider nutrients on an <b>energy (calorie) basis</b> but dry matter figures are included for those readers who prefer to evaluate foods on a DMB. Going forward in this document's dialog, I will be referring to calorie basis, not DMB.</p>								

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2) **Carbohydrates:** This is an important area of consideration – especially for diabetic patients. Unfortunately, this macronutrient is not actually measured in a lab. Instead, it is calculated by subtraction. In other words, we add up the moisture + protein + fat + fiber + ash and subtract that value from 100% leaving us with the carbohydrate fraction. However, any error in those Big Five values will result in an error (usually an overage) in the carbohydrate value. Stated another way: The carb values noted below are probably higher than they actually are. Even a value of 10% carbs could actually be closer to 0% carbs. Therefore, **stick with the directive to stay below 10% carbohydrates but do NOT get caught up in whether a diet says 10%...or 5%...or 0%.** Take it one step further and read the label. For example, if you do not see any grains, peas, potatoes, “starch,” or vegetables on the label, even if it is listed as 10% carbs, chances are that it is much lower. Keep in mind that liver does have some carbohydrates since it is the organ that stores sugar for the body. That said, I DO want liver in the product since it is a wonderful source of nutrients and it is far better to get our vitamins and minerals from **\*\*whole foods\*\*** rather than from a bottle containing vitamins that were synthesized in a laboratory.

3) Except as otherwise noted, the products listed are considered to be complete diets, rather than for supplemental feeding only.

4) Inclusion of a product in this chart does not imply my endorsement. The chart is simply a compilation of data for many commercial options.

5) Except where noted for Purina products (Friskies, Fancy Feast, FF Elegant Medleys, ProPlan, and Purina One), the data contained in this chart are from **typical nutrient analyses** – not ‘guaranteed analyses’ which are only minimum and maximum values making them inaccurate by definition. However, even the values below are not etched in stone so **do not take them too literally since there can be substantial variation from batch-to-batch.** For example, a higher fat content of the meat ingredients will decrease the protein and carbohydrate fractions, as well as decrease the phosphorus content and increase the caloric density.

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6) Blank cells = data not provided									
7) See below the chart for <b>general nutrition</b> and <b>label reading</b> comments as well as a discussion of why some companies are not included.									
<b>CANNED/POUCH</b>									
<b>ADDICTION</b>	Some are unique protein diets – most cats have never been exposed to brushtail and buffalo. (Brushtail – small marsupial found in New Zealand)								
Turkey, Cranberries, Apples	47	45	8		56	22	10		172
Hunter’s Venison Stew	43	46	11		54	24	14		178
Brushtail & Vegetable Entree	44	44	12		54	22	14		196/6.5 oz
Venison & Apples	45	45	11		56	23	13		211/6.5 oz
Buffalo Meatloaf	42	51	7		54	27	10		180
Duck Confit & Sweet Potatoes	39	52	9		50	28	11		189
Rabbit & Blueberries	45	45	9		56	23	12		175
Salmon & Potatoes	39	52	9		50	28	11		212/6.5 oz
Unagi & Seaweed Entree	40	52	9		52	28	11		227/6.5 oz
<b>ARTEMIS</b>									
Chicken	26	68	6	320	38	42	10	1.67	248
Turkey and Giblets	32	64	4	409	43	36	6	1.94	248
Seafood	21	71	8	351	32	43	11	1.81	248
<b>AUTHORITY</b>									
Chicken	36	61	3	238	51	35	4	1.17	210/6 oz
Sliced Chicken in Sauce	45	49	5	284	58	26	7	1.28	206
Turkey & Giblets	34	59	7	222	47	34	10	1.09	216
Beef	31	61	8	249	46	37	11	1.28	201
Whitefish	35	58	7	254	48	33	10	1.23	193
Catfish	35	58	7	254	48	33	10	1.23	189
Sliced Ocean Fish in Sauce	45	44	11	306	54	22	14	1.30	186
Chicken & Lamb – Kitten	30	60	10	285	42	35	13	1.39	233
Chicken & Liver – Kitten	35	59	6	262	48	33	9	1.26	211
Chicken & Rice – Hairball	36	57	8	362	45	29	10	1.59	178

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	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
Lamb & Rice	35	60	5	231	51	35	7	1.17	185
Light Chicken & Rice	37	42	21	285	45	21	25	1.22	161
Senior Catfish & Rice	37	58	6	297	50	33	8	1.43	190
<b>AVODERM</b>									
Chicken	31	60	9	196	44	36	12	0.98	186
Salmon	35	56	10	244	48	32	14	1.18	198
Ocean Fish	34	58	8	274	48	33	11	1.33	182
Indoor Weight Control	30	42	27	228	36	21	32	0.94	151
Chicken Chunks/Gravy	53	39	8	234	62	19	9	0.96	66/3 oz
Chicken & Duck/Gravy	35	46	19	216	43	23	24	0.93	82/3 oz
Salmon & Chicken/Gravy	38	44	18	230	46	22	22	0.97	75/3 oz
Tuna/Crab/Gravy	53	29	18	257	60	13	20	1.01	70/3 oz
Sardine/Shrimp/Crab/Gravy	56	27	17	262	59	12	18	0.97	68/3 oz
Salmon/Consomme	57	45	0	439	69	23	0	1.86	82/ 3 oz
Sardines in Consomme	61	38	1	380	69	18	1	1.51	68/3 oz
Swordfish/Consomme	63	36	1	271	75	18	2	1.14	62/3 oz
Tuna & Prawns	71	34	0	278	79	15	0	1.08	71/3 oz
Tuna & Chicken w/Vegetables	59	40	2	241	70	19	2	1.00	81/3 oz
<b>BFF (Best Feline Friends)</b>									
Tuna & Chicken	69	29	2	234	76	13	2	0.90	65/3 oz
Tuna & Salmon Soulmates	66	32	2	236	77	15	3	0.96	65/3 oz
Tuna & Shrimp Sweethearts	64	33	2	236	77	16	2	0.97	65/3 oz
Tuna & Bonito Be Mine	68	30	2	240	78	14	2	0.96	64/3 oz
Tuna & Tilapia Twosome	68	30	2	240	79	14	2	0.98	64/3 oz
Tuna & Pumpkin Valentine	64	31	5	243	75	15	6	1.00	63/3 oz
Tuna & Chicken Chuckles	69	29	2	234	80	14	2	0.97	65/3 oz
<b>CALIFORNIA NATURAL</b>									
Chicken & Brown Rice	28	64	9	282	40	38	12	1.42	182
Venison & Brown Rice	35	52	13	364	45	28	16	1.63	163
Salmon & Sweet Potato	36	57	7	341	47	31	10	1.59	203
Fish & Brown Rice	32	56	12	307	43	31	16	1.45	164
<b>DRS. FOSTER &amp; SMITH</b>									
Chicken	29	64	8	204	42	39	11	1.05	200

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	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
Turkey	33	57	10	250	46	32	13	1.20	200
Chicken & Fish	36	45	19	254	44	23	23	1.09	181
<b>EUKANUBA</b>									
Eukanuba Kitten – Entrée with Gourmet Chicken	42	57	1	253	51	29	1	1.08	113/3 oz
Eukanuba Adult – Entrée with Gourmet Chicken	39	60	1	239	49	31	2	1.05	177
Eukanuba Adult – Entrée with Lamb & Rice	38	54	8	230	46	27	10	0.97	196
Eukanuba Adult – Entrée with Pacific Salmon	37	59	3	241	48	31	4	1.08	187
<b>EVO</b>									
Turkey/Chicken Cat/Kitten	33	64	3	266	47	37	4	1.31	200
95% Chicken & Turkey	25	73	2	155	41	49	4	0.88	210
95% Beef	29	67	4	234	43	42	6	1.24	210
95% Venison	30	65	6	417	42	37	8	2.05	218
95% Duck	26	70	5	251	40	44	7	1.35	217
<b>EVOLVE</b>									
Chicken	32	61	7	214	46	36	10	1.07	188
Turkey	34	60	6	244	48	35	9	1.21	189
Seafood	31	63	6	265	45	37	9	1.33	193
<b>FANCY FEAST</b>									
	<p>Unfortunately, Purina lists the moisture, protein, fat, fiber, and ash as GA ('guaranteed analysis' minimums and maximums) with the same value for all products in a food 'family'. This leaves us with inaccurate values. However, I am including their products because they list different carb values for each 'family member' and list them under "typical nutrient composition" so I am hoping that the values below for carbohydrate level are reasonably accurate. Note that the selections with "gravy" or "sauce" in the name are higher in carbohydrates than other selections. The values for phosphorus are based on GA moisture so are not completely accurate. They are probably fairly close to reality, or are listed higher than they actually are. All Fancy Feast cans are <b>3 ounces</b>.</p>								
<b>Classic</b>									

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	P	F	C	mg Phos/100 kcals	P	F	C	Phos DM	
Chopped Grill Feast	39	57	4	569	45	27	5	2.30	91/3 oz
Cod/Sole/Shrimp Feast	69	27	4	787	55	9	3	2.20	83
Chicken Feast	46	51	4	546	50	23	4	2.10	91
Salmon & Shrimp Feast	51	44	5	550	50	18	5	1.90	89
Seafood Feast	60	37	3	714	55	14	3	2.30	87
Ocean Whitefish & Tuna Feast	69	27	4	823	55	9	3	2.30	82
Savory Salmon Feast	38	61	1	369	52	34	2	1.77	97
<b>Marinated Morsels</b>									
Beef Feast in Gravy	57	25	18	390	50	9	16	1.20	82
Chicken Feast in Gravy	57	25	18	423	50	9	16	1.30	81
Salmon Feast in Gravy	56	25	19	418	50	9	17	1.30	81
Tuna Feast in Gravy	56	24	20	382	50	9	18	1.20	75
Turkey Feast in Gravy	57	25	18	423	50	9	16	1.30	82
<b>Grilled</b>									
Beef Feast in Gravy	58	25	17	362	50	9	15	1.10	72
Beef & Liver Feast in Gravy	57	25	18	325	50	9	16	1.00	72
Chicken Feast in Gravy	55	32	13	287	61	15	14	1.12	71/3 oz
Chicken & Beef Feast in Gravy	58	25	16	366	50	9	14	1.10	72
Turkey Feast in Gravy	58	25	17	360	55	10	16	1.20	71
Liver & Chicken Feast in Gravy	58	25	17	395	50	9	15	1.20	72
Salmon Feast in Gravy	58	25	17	330	55	10	16	1.10	70
Salmon & Shrimp Feast/Gravy	58	25	17	360	55	10	16	1.20	70
Seafood Feast in Gravy	58	26	16	364	55	10	15	1.20	71
Tuna Feast in Gravy	58	28	14	287	62	12	15	1.07	68
Whitefish/Tuna Feast in Gravy	58	25	17	362	50	9	15	1.10	72
<b>Sliced</b>									
Salmon & Chicken in Gravy	58	25	17	362	50	9	15	1.10	81
Turkey Feast in Gravy	57	25	18	390	50	9	16	1.20	81
Turkey and Giblets Feast/Gravy	57	25	18	358	50	9	16	1.10	81
Beef Feast in Gravy	54	24	23	431	50	9	21	1.40	81
Beef & Giblets Feast in Gravy	54	24	22	467	50	9	20	1.50	81
Chicken Feast in Gravy	56	24	20	445	50	9	18	1.40	81
Chicken Hearts & Liver Feast/Gravy	54	24	23	400	50	9	21	1.30	84
<b>Tender</b>									
Beef Feast	51	44	5	637	50	18	5	2.20	93
Beef & Chicken Feast	40	55	5	502	48	27	6	2.10	94

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Beef & Liver Feast	44	51	5	525	48	23	5	2.00	94
Liver & Chicken	46	51	4	598	50	23	4	2.30	80
<b>Flaked</b>									
Chicken & Tuna Feast	57	35	8	434	64	16	9	1.70	102/3 oz
Fish & Shrimp Feast	79	21	0	701	80	9	0	2.50	89
Salmon & Whitefish Feast	60	32	8	458	64	14	8	1.70	104
Trout Feast	55	38	7	395	64	18	8	1.60	107
Tuna Feast	59	31	9	397	64	14	10	1.50	103
Tuna & Mackerel Feast	57	34	9	405	64	16	10	1.60	97
<b>Chunky</b>									
Chunky Chicken Feast	51	44	5	637	50	18	5	2.20	90
Chunky Turkey Feast	50	43	7	624	50	18	7	2.20	87
Chunky Chopped Grilled Feast	50	43	7	454	50	18	7	1.60	94
<b>Kitten</b>									
Tender Turkey Feast	41	54	4	474	50	27	5	2.00	92
Tender Ocean Whitefish Feast	53	42	5	689	55	18	5	2.50	84
<b>Roasted</b>									
Chicken Feast	61	27	12	419	50	9	10	1.20	80
Turkey Feast	62	27	11	389	50	9	9	1.10	81
<b>Gravy Lovers</b>									
Beef Feast/Roasted Beef Flavor Gravy	51	27	22	318	50	11	22	1.10	66/3 oz
Chicken Feast/Grilled Chicken Flavor Gravy	52	28	20	328	50	11	19	1.10	67
Ocean Whitefish & Tuna Feast/Sauteed Seafood Flavor Gravy	52	28	21	355	50	11	20	1.20	65
Salmon Feast/Seared Salmon Flavor Gravy	52	28	20	328	50	11	19	1.10	65
<b>Miscellaneous</b>									
Minced Turkey Feast in Sauce	57	25	18	390	50	9	16	1.20	79
Turkey and Giblets Feast	39	58	3	355	53	33	3	1.69	94
<b>FANCY FEAST ELEGANT MEDLEYS</b>									
See the comment for Purina products under the Fancy Feast section above. All products in this category are <b>3 ounces</b> in size.									
<b>Shredded</b>									
Turkey/Greens/Broth	65	22	12	350	64	9	12	1.20	88/3 oz
Chicken/Greens/Broth	63	22	15	453	64	9	15	1.60	84



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Salmon/Greens/Broth	63	22	15	340	64	9	15	1.20	86
Tuna/Greens/Broth	63	22	15	340	64	9	15	1.20	88
<b>Primavera</b>									
TurkeyPrimavera/Veggies/Greens/Sauce	54	26	20	331	56	11	21	1.20	67
ChickenPrimavera/Veggies/Greens/Sauce	54	26	20	441	56	11	21	1.60	65
TunaPrimavera/Veggies/Greens/Sauce	54	28	18	265	57	12	19	0.98	64
Salmon/Veg/Greens/Sauce	55	26	19	306	56	11	20	1.10	66
<b>Florentine</b>									
Turkey/Greens/Sauce	60	26	14	341	55	10	13	1.10	74
Chicken/Greens/Sauce	56	32	12	374	59	14	13	1.38	71
Salmon/Greens/Sauce	59	26	15	337	55	10	14	1.10	73
Tuna/Greens/Sauce	58	26	16	364	55	10	15	1.20	70
<b>Souffle</b>									
Chicken/Cheddar Cheese/Greens	46	22	32	289	45	9	32	1.00	79
Chicken/Egg/Greens	53	26	21	640	45	9	18	1.90	81
Salmon/Egg/Greens	53	26	21	673	45	9	18	2.00	79
<b>Tuscany</b>									
Turkey/Rice/Greens/Sauce	52	25	22	295	56	11	24	1.10	67
Chicken/Rice/Greens/Sauce	52	25	23	371	56	11	25	1.40	64
Tuna/Rice/Greens/Sauce	51	24	25	286	56	11	27	1.10	65
Salmon/Rice/Greens/Sauce	52	25	23	292	56	11	25	1.10	65
<b>FELIDAE</b>									
Cat & Kitten	32	60	9	202	46	36	13	1.04	188
Chicken & Rice	28	62	10	220	42	38	15	1.16	188
Platinum	28	63	9	190	44	40	14	1.03	172
Pure Elements	28	62	9	207	43	39	14	1.09	154
Pure Sea	30	62	8	198	46	39	12	1.05	149
<b>FRISKIES</b>									
See the comment regarding Purina products under the Fancy Feast section above. Note that the selections below with “gravy”, “sauce”, or “rice” in the name are higher in carbohydrates. The Classic Pate selections are the lowest in carbohydrates. All products are 5.5 oz.									

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<b>Savory Shreds</b>									
Turkey & GIBLETS/Gravy	43	42	15	346	50	20	17	1.4	132
Whitefish/Sardines/Sauce	44	42	14	324	50	20	16	1.3	134
Chicken/Salmon/Gravy Dinner	44	43	13	302	50	20	15	1.2	132
Turkey/Cheese/Gravy Dinner	44	42	14	299	50	20	16	1.2	132
Beef in Gravy	43	42	15	297	50	20	17	1.2	135
Chicken in Gravy	44	42	14	324	50	20	16	1.3	130
Salmon in Sauce	44	43	13	302	50	20	15	1.2	132
Ocean Whitefish/Tuna in Sauce	44	42	14	299	50	20	16	1.2	133
<b>Flaked</b>									
Tuna in Sauce	57	35	8	412	55	14	10	1.4	172
Tuna & Egg in Sauce	57	35	8	415	55	14	10	1.4	171
<b>Meaty Bits</b>									
Beef in Gravy	53	28	19	332	50	11	18	1.1	148
Chicken Dinner in Gravy	54	29	17	370	50	11	16	1.2	148
Gourmet Grill	53	29	18	335	50	11	17	1.1	148
<b>Selects Indoor</b>									
Chunky Chicken & Turkey Casserole/Brown Rice/Greens	44	24	32	308	41	9	30	1.0	144
Classic Chicken Entree/Brown Rice/Greens	34	37	29	461	32	14	27	1.5	145
Ocean Whitefish Dinner/Rice/Greens	40	24	36	273	36	9	32	0.9	141
Turkey Dinner/Brown Rice/Greens	40	24	36	230	36	9	33	0.7	144
Seafood Bake/Rice/Greens	44	24	32	308	41	9	30	1.0	140
Herbed Salmon/Rice/Greens	34	36	31	451	32	14	29	1.5	144
<b>Classic Pate</b>									
Mixed Grill	40	49	11	354	45	23	12	1.4	171
Ocean Whitefish & Tuna Dinner	49	43	9	417	50	18	9	1.5	171
Chicken & Tuna Dinner in Sauce	41	50	9	387	45	23	10	1.5	187
Salmon Dinner	41	51	7	499	45	23	8	1.9	185
Sea Captain's Choice	49	43	9	473	50	18	9	1.7	171
Turkey and GIBLETS Dinner	41	51	8	338	45	23	9	1.3	187
Supreme Supper	41	51	8	416	45	23	9	1.6	156

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	CALORIE %				DRY MATTER %				kcal/5.5 oz unless otherwise noted
	P	F	C	mg Phos/100 kcals	P	F	C	Phos DM	
Seafood Entrée	49	43	9	445	50	18	9	1.6	171
Country Style Dinner	40	50	10	332	45	23	11	1.3	187
Poultry Platter	41	50	9	438	45	23	10	1.7	187
Liver & Chicken Dinner	41	50	9	361	45	23	10	1.4	171
Mariner's Catch	40	53	6	393	53	29	8	1.8	169
<b>Gravy Sensations</b>									
Chicken in Gravy	56	25	19	349	55	10	19	1.2	138
Tuna in Gravy	56	25	19	349	55	10	19	1.2	135
Ocean Whitefish in Gravy	56	25	19	465	55	10	19	1.6	135
Salmon in Gravy	53	30	17	383	55	13	18	1.4	131
Beef & Chicken in Gravy	52	30	18	406	55	13	19	1.5	138
Turkey and Giblets in Gravy	53	30	17	383	55	13	18	1.4	135
<b>Prime Fillets</b>									
Turkey Dinner in Gravy	52	34	14	318	57	16	16	1.2	132
With Chicken in Gravy	57	25	18	401	55	10	17	1.4	132
With Beef in Gravy	56	25	19	407	55	10	19	1.4	134
Chicken & Tuna in Gravy	57	25	18	384	55	10	18	1.3	130
With Whitefish & Tuna in Sauce	57	25	18	386	55	10	17	1.3	130
With Salmon & Beef in Sauce	56	25	19	349	55	10	19	1.2	134
<b>Senior</b>									
Salmon Dinner in Sauce	45	42	13	426	50	19	14	1.7	156
Turkey & Giblets Dinner	43	41	15	414	50	19	18	1.7	154
Lamb & Rice in Gravy	44	35	21	264	50	17	24	1.1	124
Chicken & Tuna Dinner in Gravy	44	35	21	304	50	17	24	1.2	146
<b>Special</b>									
Beef & Chicken Entree	35	60	5	242	45	32	6	1.1	181
Beef & Liver Entree	35	60	5	241	45	32	6	1.1	181
Turkey & Giblets Dinner	37	58	5	189	45	30	6	0.8	166
Whitefish Dinner	37	59	4	351	45	30	5	1.5	172
With Salmon	38	55	7	228	45	27	8	1.0	149
Sliced Chicken in Gravy	50	35	15	166	55	16	16	0.6	138
<b>Tasty Treasures</b>									
Chicken & Cheese in Gravy	55	24	20	331	55	10	20	1.2	134
Chicken, Tuna & Cheese in Gravy	55	24	21	358	55	10	21	1.3	131

**CAT FOOD – NUTRITIONAL COMPOSITION**

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	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
Oceanfish, Tuna & Cheese in Gravy	55	24	20	345	55	10	20	1.2	129
Turkey & Cheese in Gravy	55	24	21	358	55	10	21	1.3	128
<b>GO!</b>									
Chicken, Turkey, Duck	34	62	5	309	48	36	7	1.5	212
<b>HALO</b>									
Wholesome Chicken	32	55	13	201	42	29	17	0.92	136
Wholesome Turkey	31	59	10	215	43	33	14	1.04	150
Spot's Pate Chicken	31	66	4	303	43	38	5	1.49	196
Chicken & Beef	33	55	11	304	44	30	15	1.40	136
Wholesome Lamb	33	55	12	236	43	30	15	1.08	141
Chicken, Shrimp, Crab	36	52	12	238	47	28	15	1.08	80/3 oz
Spot's Pate Whitefish	47	48	5	466	56	24	6	1.93	154
Succulent Salmon	26	64	9	227	38	38	13	1.14	161
<b>HI-TOR</b>									
Felo	39	50	11	195	52	27	14	0.90	170
Neo	24	68	9	133	37	43	13	0.72	207
<b>HOLISTIC SELECT</b>									
Chicken & Lamb	28	64	8	222	42	39	11	1.15	190
Duck & Chicken	27	61	12	216	38	36	17	1.08	196
Turkey & Barley	27	61	12	210	39	36	17	1.05	200
Salmon & Shrimp	33	59	8	264	47	34	11	1.30	189
Ocean Fish & Tuna	31	57	12	227	42	33	17	1.10	178
<b>HOUNDS &amp; GATOS</b>									
Chicken	29	69	2	241	45	44	3	1.29	202
Beef	31	60	9	250	45	37	14	1.29	194
Pork	29	69	2	403				2.17	202
Rabbit & Duck Liver	39	56	5	402	47	28	6	1.71	161
Lamb/Chicken/Salmon	30	66	3	225	45	41	5	1.17	195
Trout & Duck Liver	41	55	4	366	55	30	5	1.71	176
Lamb & Duck Liver	33	63	3	244	49	38	5	1.25	193
Salmon	42	56	2	373	55	30	2	1.71	176

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	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
<b>IAMS</b>									
Iams Pate w/ Gourmet Chicken-Kitten	38	52	10	265	49	28	14	1.22	112/3 oz
Iams Adult Pate w/ Pacific Salmon	37	48	14	257	47	25	18	1.14	181
Product: Iams Adult Pate w/ Chicken/Liver	35	51	14	240	45	27	19	1.08	94/3 oz
Iams Adult Pate w/ Seafood Sampler	37	49	14	265	47	25	18	1.17	93/3 oz
Iams Adult Pate Turkey & Giblets	34	54	12	230	46	30	16	1.08	194
Iams Adult Pate w/ Ocean Fish	36	49	14	257	46	26	18	1.14	180
Iams Adult Pate w/ Lamb & Rice	34	47	19	253	43	25	24	1.12	182
Iams Adult Pate w/ Beef	36	50	15	238	46	27	19	1.08	176
Iams Adult Pate w/ Chicken	35	50	15	241	45	27	19	1.08	172
Iams Adult Filets w/ Chicken in Gravy	36	50	14	275	45	26	18	1.22	156
Iams Adult Cuts w/ Tuna	36	50	14	270	46	26	18	1.19	159
Iams Adult Cuts w/ Salmon	36	51	14	278	45	26	18	1.23	163
<b>INNOVA</b>									
Cat & Kitten	34	58	8	279	46	33	11	1.35	201
Lower Fat Adult	37	44	19	399	44	21	23	1.67	152
Senior	34	52	14	290	44	27	18	1.31	191
<b>MERRICK</b>									
The first 16 varieties are called “Purrfect Bistro” and the information was updated 5/31/14. To the best of my knowledge, the BG products have not changed since the data was entered in 2012.									
Cowboy Cookout	45	37	18						155/5.5 oz
Grammy's Pot Pie	30	64	6						170
Thanksgiving Day Dinner	30	64	6						170
Turducken	30	64	6						170
Surf & Turf	41	54	5						155
Chicken A La King	43	44	13						139
Chicken Divan	43	44	13						139
Chicken Casserole	42	46	12						141

**CAT FOOD – NUTRITIONAL COMPOSITION**

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	P	F	C	mg Phos/100 kcals	P	F	C	Phos DM	
Beef Wellington	47	45	8						138
Tuna Nicoise	47	41	12						141
Chicken Pate	34	64	2						185
Turkey Pate	46	50	4						175
Duck Pate	31	64	5						156
Beef Pate	43	52	5						168
Tuna Pate	37	60	3						164
Salmon Pate	36	62	2						175
BG 96%–Beef	41	58	1	163	57	33	1	0.79	76/3.2 oz
BG 96%–Chicken	31	67	2	341	44	40	3	1.73	89/3.2 oz
BG 96%–Quail & Chicken	33	66	2	506	49	41	2	2.64	79/3.2 oz
BG 96%–Salmon	29	69	2	439	42	42	3	2.24	80/3.2 oz
BG 96%–Tuna	37	61	2	450	50	34	2	2.13	82/3.2 oz
BG 96%–Turkey	31	67	2	178	48	42	3	0.95	85/3.2 oz
<b>NATURE'S LOGIC</b>	Uses whole foods for nutrients as opposed to synthetic vitamins; currently involved in feeding trials; at this time, not labeled as complete diets.								
Chicken	37	60	3	366	52	35	4	1.8	241
Rabbit	28	72	1	234	40	43	1	1.2	252
Duck & Salmon	29	70	1	213	43	43	1	1.1	229
<b>NATURAL BALANCE</b>									
<b>Limited Ingredient Diets</b>									
Chicken & Green Pea	31	56	13	227	41	31	18	1.08	220/6 oz
Duck & Green Pea	28	57	16	252	38	32	22	1.22	215
Venison & Green Pea	37	51	12	402	47	26	15	1.76	200
Salmon & Green Pea	38	50	12	351	46	25	15	1.49	200
<b>Ultra</b>									
Original	31	56	13	276	42	31	18	1.32	200/6 oz
Chicken & Liver Pate	29	58	13	277	40	33	18	1.34	215
Turkey & Giblets	34	52	14	280	45	29	19	1.32	200
Indoor Chicken	30	54	16	269	40	30	21	1.26	215
Reduced Calorie	30	53	17	278	39	29	22	1.27	180
Salmon	36	51	13	368	46	27	17	1.64	200
Ocean Fish	43	43	14	394	52	22	17	1.67	200
Tuna with Shrimp	41	44	14	325	51	23	18	1.41	175

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	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
<b>Platefulls Pouches</b>									
Chicken & Giblets	34	48	18	324	42	24	23	1.4	70/3 Oz
Chicken & Chicken Liver	39	44	17	396	46	21	20	1.63	70
Turkey/Chicken/Duck	36	46	17	474	43	23	21	1.99	70
Chicken & Salmon	34	47	19	366	42	24	23	1.57	70
Turkey/Salmon/Chicken	35	45	20	358	42	22	24	1.51	70
Salmon/Tuna/Chicken/Shrimp	38	44	17	344	46	22	21	1.45	70
Cod/Chicken/Sole/Shrimp	38	46	16	402	46	23	19	1.7	70
Mackerel & Sardine	41	41	18	342	46	19	21	1.36	70
<b>Stews</b>									
Catatouille	66	30	4	274	74	14	5	1.08	45/3 oz
Life's A Beach	59	34	7	591	62	15	7	2.19	70
Land 'n Sea	54	38	8	331	62	18	9	1.32	50
Purrrfect Paella	69	30	1	301	77	14	1	1.17	55
O'Fishally Scampi	65	35	0	244	72	16	1	0.94	45
Sea Brulee	66	32	2	297	74	15	2	1.17	50
<b>NATURE'S VARIETY</b>									
<b>Instinct - grain-free</b>									
Chicken	31	67	3	302	44	40	4	1.53	202
Beef	29	68	3	248	43	42	4	1.31	214
Lamb	28	70	2	262	42	42	3	1.36	238
Duck	29	70	1	191	43	44	2	1.01	205
Rabbit									220
Venison	35	65	0	330	48	37		1.59	222
<b>Prairie - contains grain</b>									
Chicken & Tuna	36	52	12	255	45	27	15	1.12	147
Beef & Liver									153
Lamb & Liver									165
Duck & Chicken									148
Turkey & Liver	35	49	16	343	43	25	20	1.48	129
Seafood	34	53	13	301	43	27	16	1.30	135
<b>NEWMAN'S OWN</b>									
Chicken & Brown Rice	30	59	10	211	43	35	15	1.05	185
Turkey & Brown Rice	28	63	9	206	42	38	13	1.06	192
Turkey/Vegetables/Brown Rice	28	61	10	201	41	37	15	1.02	193

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	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
Chicken/Salmon/Brown Rice	30	60	10	209	43	36	14	1.05	185
Beef & Liver	41	39	20	278	50	20	25	1.20	140/3 Oz
<b>9Lives</b>									
<b>Ground</b>									
Super Supper	34	61	5	348	45	33	7	1.60	165
Seafood Platter	34	61	5	342	45	33	7	1.58	166
Chicken Dinner	35	61	4	358	45	33	5	1.63	163
<b>Dinners</b>									
Chicken & Tuna	35	60	4	346	46	33	6	1.59	165
Beef	38	58	4	315	49	31	5	1.43	162
White Fish & Chicken	43	51	7	408	50	24	8	1.67	145
Chicken & Seafood	36	60	4	373	45	31	5	1.65	
Whitefish	43	54	3	401	54	28	4	1.75	160
Turkey & Giblets	45	54	2	381	55	27	2	1.64	163
Liver & Bacon	33	61	6	315	44	34	8	1.48	169
<b>Flaked</b>									
Tuna	71	32	0	211	81	15	0	0.84	176
Tuna & Cheese	66	31	3	201	75	15	4	0.80	171
Tuna & Egg	66	31	3	201	75	15	4	0.80	171
<b>Carvings</b>									
Beef	41	36	23	378	46	17	26	1.48	119
Chicken & Salmon	42	36	22	383	47	16	24	1.48	123
Salmon & Crab	44	33	22	365	48	15	24	1.38	124
<b>Nibbles</b>									
Beef	43	36	21	416	47	16	24	1.60	117
Chicken	40	36	24	435	44	16	27	1.67	114
Chicken & Liver	38	40	22	391	43	19	25	1.55	126
<b>Slices</b>									
Beef	39	36	25	498	42	16	28	1.89	119
Chicken	39	38	23	350	44	18	26	1.39	127
Veal	45	35	20	405	48	16	22	1.54	114
<b>Prime Entree</b>									
Chicken, Lamb, & Rice	33	57	10	322	42	30	13	1.45	162
Tuna & Shrimp	41	56	3	384	52	29	4	1.71	173
Salmon	38	57	5	383	47	30	6	1.67	156
<b>Misc</b>									
Prime Grill Beef	36	58	6	349	47	31	8	1.59	163



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	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
Shredded Turkey	42	39	18	391	48	18	21	1.54	117
Cuts – Chicken	41	35	24	381	45	16	26	1.45	124
<b>NUTRO</b>									
<b>Natural Choice</b>	"Active Health" = Adult; "Mature Health" = Senior, "Healthy Growth" = Kitten								
NC Indoor Mature Health Chicken & Lamb Formula	36	46	18	294	45	24	23	1.30	172
NC Indoor Active Health Chicken & Rice Formula	35	51	14	263	44	26	18	1.16	167
NC Indoor Active Health Ocean Fish & Rice Formula	38	44	19	318	44	21	22	1.31	160
NC Mature Health Salmon & Tuna Entrée	32	56	12	213	44	32	17	1.04	194
NC Mature Health Chicken & Turkey Platter	41	42	17	204	50	21	20	0.87	73/3 oz
NC Mature Health Chicken & Vegetables	35	52	13	300	46	28	17	1.38	177
NC Healthy Growth Tuna & Chicken Formula	34	54	12	316	44	29	16	1.45	99/3 oz
NC Healthy Growth Chicken & Lamb Formula	32	55	13	293	43	31	17	1.39	91/3 oz
NC Healthy Growth Beef & Chicken Formula	34	53	13	330	44	28	17	1.50	100/3 oz
NC Indoor Active Health Chicken & Giblets Formula Chunks In Gravy	42	48	10	199	50	24	12	0.83	74/3 oz
NC Active Health Chicken & Liver Formula Chunks in Gravy	42	50	8	222	53	26	11	0.98	84/3 oz
NC Mature Health Chicken & Turkey Formula Chunks in Gravy	33	61	6	204	48	36	9	1.03	73/3 oz
NC Active Health Turkey & Giblets Formula Chunks In Gravy	34	57	9	253	46	31	12	1.19	86/3 oz
NC Active Health Ocean Fish & Tuna Formula Chunks in Sauce	38	54	9	272	48	28	11	1.22	83/3 oz

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	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
NC Active Health Salmon & Ocean Fish Formula Chunks in Sauce	41	51	8	208	52	26	10	0.91	83/3 oz
NC Indoor Active Health Turkey & Liver Formula Chunks In Gravy	41	50	9	175	50	25	11	0.75	85/3 oz
NC Indoor Active Health Whitefish & Tuna Formula Chunks In Sauce	47	44	9	304	54	21	10	1.21	74/3 oz
NC Weight Management Chicken & Liver Formula Chunks in Gravy	46	38	16	306	52	18	18	1.22	70/3 oz
NC Healthy Growth Chicken & Liver Formula Chunks in Gravy	40	51	10	201	51	27	12	0.90	84/3 oz
NC Healthy Growth Salmon & Ocean Fish Formula Chunks in Sauce	40	52	8	284	51	27	10	1.26	84/3 oz
<b>Max Cat</b>									
Chicken & Lamb	29	53	18	263	38	29	24	1.23	185
Ocean Fish	30	54	17	368	38	28	22	1.66	185
Chicken & Liver	32	54	15	298	42	29	19	1.38	165
Turkey & Giblets	31	57	12	266	42	32	17	1.28	174
Senior Chicken & Lamb	33	40	27	296	39	19	32	1.22	155
Lite With Turkey & Chicken	34	43	23	300	41	21	27	1.25	105
Kitten Chicken & Ocean Fish	30	59	11	318	41	33	15	1.52	103/3 oz
Kitten Chicken & Ocean Fish	30	59	11	318	41	33	15	1.52	103/3 oz
Kitten Chicken & Liver	33	57	10	347	45	32	14	1.67	97/3 oz
Chicken Supreme	36	55	9	173	48	30	12	0.81	76/3 oz
Lamb & Turkey Cutlets	37	53	10	272	48	29	13	1.24	81/3 oz
Salmon Entrée	41	47	12	279	51	24	14	1.20	76/3 oz
Beef & Egg	36	54	10	188	48	30	14	0.88	84/3 oz
Turkey & Chicken Liver	37	53	9	213	49	29	12	0.98	81/3 oz
Seafood & Tomato Bisque	41	44	15	274	49	22	18	1.15	69/3 oz
With Savory Duck	38	54	8	197	50	29	10	0.91	73/3 oz
With Savory Venison	37	54	8	214	50	30	11	0.99	79/3 oz
<b>ORGANIX</b>									
Turkey with Seafood	25	57	18	139	35	33	25	0.68	202
Turkey/Brown Rice/Chicken	25	61	15	131	36	36	21	0.66	215

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	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
Turkey & Spinach	24	59	16	131	35	35	23	0.65	206
Turkey with Salmon	25	62	13	143	37	37	19	0.73	225
<b>PINNACLE</b>									
Chicken & Ocean Fish	27	68	5	175	41	42	7	0.93	196
Chicken & Tuna	32	63	5	221	45	37	7	1.10	183
Ocean Fish	32	64	4	231	46	37	6	1.14	170
<b>PRECISE</b>									
Chicken	30	61	9	205	43	37	12	1.04	200
Turkey	31	59	10	198	45	35	15	1.00	196
Senior	30	56	14	235	41	31	19	1.12	184
Ocean Fish	38	49	13	260	48	26	17	1.16	172
Simmered Seafare	39	49	12	263	50	26	15	1.17	165
Mixed Grill	29	64	7	206	43	39	11	1.08	207
Flaked Chicken	36	50	14	335	46	26	17	1.49	168
Flaked Beef	40	43	17	303	48	22	20	1.28	159
Flaked Pork	42	43	15	259	50	21	19	1.09	159
Flaked Salmon/Tuna/Trout	41	46	14	336	50	23	17	1.44	158
<b>PRO PLAN</b>									
Chicken & Rice Entree in Gravy	55	29	16	256	60	13	18	0.98	70/3 oz
Salmon & Rice Entree in Sauce	52	33	15	238	58	15	16	0.93	72/3 oz
Salmon & Rice Indoor Care	53	22	25	318	55	9	25	1.14	78/3 oz
Urinary Tract Health Chicken in Gravy Entree	48	40	13	138	57	20	15	0.58	81/3 oz
Tuna Entree in Sauce	59	27	14	290	62	12	15	1.07	68/3 oz
Chunky Chicken Entree	50	44	5	639	50	18	5	2.23	89/3 oz
Chicken & Liver Entree	44	53	4	509	50	25	4	2.05	98/3 oz
Beef & Chicken Entree in Gravy	57	25	17	343	55	10	17	1.15	73/3 oz
Whitefish & Salmon	49	49	2	662	50	20	2	2.36	91/3 oz
Turkey & Giblets	54	36	9	382	50	14	9	1.23	80/3 oz
Turkey & Rice in Gravy	56	25	19	349	55	10	19	1.20	71/3 oz
Turkey & Cheddar Cheese in Gravy	Data not available								
Seafood Stew	Data not available								
Sole & Vegetable	59	28	13		56	11	12		74/3 oz

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	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
Salmon, Shrimp & Rice	53	26	21	348	56	11	22	1.28	70/3 oz
Beef, Carrots, Rice in Gravy	51	25	24	365	56	11	26	1.39	68/3 oz
Tuna, Shrimp & Rice	53	26	21	335	56	11	22	1.22	65/3 oz
Trout & Pasta	54	26	20	352	56	11	21	1.28	67/3 oz
White Meat Chicken & Vegetable	57	25	19	396	61	11	20	1.50	65/3 oz
Chicken, Tomato, Pasta in Gravy	52	25	22	373	56	11	24	1.39	69/3 oz
Turkey & Pasta in Gravy	53	26	22	377	56	11	23	1.39	71/3 oz
Turkey & Vegetable in Gravy	Data not available								
Chicken, Pasta, Spinach, in Gravy	Data not available								
Chicken, Tuna & Wild Rice	Data not available								
Weight Management Turkey & Rice	62	25	12	430	55	9	11	1.32	78/3 oz
<b>Kitten</b>									
Chicken & Liver	43	55	2	436	55	30	3	1.98	98/3 oz
Whitefish & Tuna	48	45	6	522	55	21	7	2.09	99/3 oz
Salmon & Ocean Fish	46	51	3	462	55	26	4	1.96	99/3 oz
<b>Selects</b>									
Chicken & Brown Rice	37	57	6	428	49	32	8	2.02	94/3 oz
Chicken & Brown Rice – Kitten	36	58	5	380	50	33	8	1.83	98/3 oz
Salmon & Brown Rice	31	65	4	207	46	40	6	1.08	99/3 oz
Beef & Brown Rice	39	53	8	648	41	23	8	2.36	99/3 oz
Turkey & Wild Rice	39	53	8	632	41	23	9	2.32	93/3 oz
Tuna & Mackerel Entree	44	48	8	577	41	18	7	1.86	90/3 oz
Cod & Shrimp Entree	40	54	5	601	41	23	5	2.14	93/3 oz
<b>Senior</b>									
Chicken & Beef Entree	38	55	8	430	45	27	9	1.82	
Salmon & Tuna Entree	39	56	5	442	45	27	6	1.82	
<b>PURINA ONE</b>									
Chicken Pate	40	58	2	438	52	31	3	2.00	93/3 oz
Turkey Pate	46	51	3	469	50	23	3	1.77	95/3 oz
Beef Pate	45	50	5	530	50	23	5	2.05	95/3 oz
Whitefish Pate	59	39	2	734	50	14	2	2.18	87/3 oz
Chicken in Gravy	55	32	13	275	61	15	14	1.07	71/3 oz
Beef in Gravy	57	25	18	312	55	10	17	1.05	73/3 oz

## CAT FOOD – NUTRITIONAL COMPOSITION

Data compiled by Lisa A. Pierson, DVM – September 2012

Data provided by the respective companies – June – September 2012

	CALORIE %				DRY MATTER %				kcal/5.5 oz unless otherwise noted
	P	F	C	mg Phos/100 kcals	P	F	C	Phos DM	
Turkey in Gravy	58	26	16	347	55	10	16	1.15	71/3 oz
Tuna in Sauce	57	25	17	328	55	10	17	1.10	69/3 oz
<b>ROYAL CANIN</b>									
Babycat	40	51	8	298	50	26	10	1.29	77/3 oz
Kitten	48	42	10	285	57	20	12	1.18	77/3 oz
Adult	54	32	14	261	60	14	15	1.00	68/3 oz
Ultra-Light	61	29	10	296	62	12	10	1.05	56/3 oz
Intense Beauty	50	36	14	229	57	17	16	0.91	74/3 oz
Instinctive 7+	52	28	20	207	56	12	22	0.78	66/3 oz
Instinctive 12+	42	39	20	159	49	19	23	0.65	75/3 oz
Spayed/Neutered	54	29	17	242	56	12	18	0.88	63/3 oz
Digest Sensitive	44	36	20	251	50	17	23	1.00	65/3 oz
<b>SCIENCE DIET</b>									
<b>Adult</b>									
Chicken Entree	28	51	22	160	36	28	29	0.74	175
Chicken Dinner	33	42	25	134	41	21	30	0.57	156
Turkey Entree	29	45	26	170	35	23	32	0.73	162
Beef Entree	31	45	24	172	38	22	28	0.72	171
Salmon Entree	29	46	24	167	36	24	30	0.72	163
Turkey & Giblets Entree	29	51	20	165	37	27	26	0.73	178
Liver & Chicken Entree	34	44	22	166	42	22	26	0.70	167
Tuna Dinner	37	39	24	151	43	19	29	0.62	152
Ocean Fish Dinner	35	41	24	144	42	20	28	0.60	155
Seafood Entree	33	46	22	178	39	23	26	0.75	157
Hairball Control Chicken Entree	31	48	21	159	36	23	25	0.65	168
Hairball Control Seafood Entree	30	45	25	161	35	21	29	0.65	165
Indoor Chicken Entree	30	48	21	159	36	23	25	0.65	168
Indoor Seafood Entree	32	48	20	171	38	23	23	0.70	165
Light Liver & Chicken Entree	34	33	33	189	36	14	34	0.69	138
<b>Culinary Creations</b>									
Chicken Dinner in Gravy	31	44	25	178	39	22	31	0.77	156
Roast Beef Dinner in Gravy	30	45	25	162	37	23	32	0.71	143
Tuna Dinner in Sauce	34	42	24	155	42	21	29	0.66	155
Ocean Fish Dinner in Sauce	36	42	22	160	44	21	27	0.68	155

## CAT FOOD – NUTRITIONAL COMPOSITION

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	CALORIE %				DRY MATTER %				kcal/5.5 oz unless otherwise noted
	P	F	C	mg Phos/100 kcals	P	F	C	Phos DM	
<b>Kitten</b>									
Culinary Creations Chicken Dinner in Gravy	34	51	16	252	43	27	20	1.13	155
Culinary Creations Roast Beef Dinner in Gravy	34	49	17	209	44	26	21	0.94	153
Chicken Dinner	36	49	15	177	46	25	19	0.78	155
Liver & Chicken Entree	40	47	13	220	49	24	16	0.95	210
Turkey & Giblets	39	49	12	209	50	25	16	0.93	205
Salmon Entree	38	50	12	206	49	26	15	0.93	191
<b>Mature</b>									
Chicken Dinner/Gravy	33	42	25	134	41	21	30	0.57	156
Chicken Entree	32	46	22	160	39	23	27	0.69	168
Turkey Entree	29	41	29	155	35	20	35	0.64	160
Beef Entree	33	45	22	165	39	22	26	0.69	162
Tuna Dinner/Gravy	37	39	24	151	43	19	29	0.62	155
<b>SOULISTIC</b>									
<b>Cans</b>									
Shrimply Divine	72	20	8	270	75	9	8	0.99	64/3 oz
Double Happiness	67	28	4	262	73	13	5	1.00	66/3 oz
Polynesian Picnic	62	35	3	239	71	16	4	0.96	68/3 oz
Celestial Feast	47	49	4	250	60	26	5	1.11	75/3 oz
Upstream Dream	65	28	7	234	72	13	7	0.90	69/3 oz
Surf 'N' Earth	62	29	9	255	69	13	10	0.99	75/3 oz
Pure Bliss	52	30	18	206	61	14	20	0.83	79/3 oz
Aqua Grill	48	30	22	191	55	14	25	0.77	75/3 oz
Good Karma	63	19	19	180	68	8	20	0.68	75/3 oz
Nautical Nirvana	63	30	8	228	72	14	9	0.91	79/3 oz
Sweet Salutations	52	27	21	198	59	13	24	0.79	72/3 oz
Harvest Sunrise	52	25	23	173	58	11	26	0.68	72/3 oz
<b>Pouches</b>									
Good Karma	60	22	19	208	65	10	21	0.80	60/3 Oz
Triple Harmony	54	27	19	217	60	12	20	0.83	61/3 oz
Luna Tuna	54	33	13	237	64	16	15	0.97	67/3 oz
Autumn Bounty	54	24	22	176	60	11	25	0.69	62/3 oz
Island Illusion	49	28	23	227	54	13	25	0.88	63/3 oz
Midnight Delight	52	28	20	225	57	13	22	0.87	65/3 oz

## CAT FOOD – NUTRITIONAL COMPOSITION

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	CALORIE %				DRY MATTER %				kcal/5.5 oz unless otherwise noted
	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
<b>TIKI CAT</b>	UPDATED 5/31/14								
<b>Chicken</b>									
Puka Puka Luau	79	21	0	169					182/6 oz
Koolina Luau	85	15	0	164					136
<b>Fish &amp; Chicken</b>									
Hookena Luau	83	17	0	203					168
Napili Luau	74	26	0	164					155
<b>Fish</b>									
Hawaiian Grill	56	44	0	196					172
Lanai Luau	67	33	0	256					153
Manana Grill	72	28	0	165					187
Bora Bora Luau	35	65	0	406					126
Hanalei Luau	77	23	0	193					150
Hana Luau	78	22	0	208					177
Papeeko Luau	76	24	0	214					162
Tahitian Grill	78	22	0	402					179
Makaha Luau	62	38	0	476					129
<b>Fish &amp; Rice</b>									
Honolulu Luau	72	26	2	269					151
Molokai Luau	79	19	2	203					136
Waikiki Luau	65	33	2	193					150
Waimea Luau	71	27	2	311					146
<b>Gourmet Carnivore</b>									
Beef & Liver	51	49	0	206					
Beef Liver & Lamb	54	46	0	255					
Beef Liver & Chicken	62	38	0	238					
Chicken & Liver	54	46	0	208					
Chicken with Turkey	66	34	0	153					
Chicken with Duck	63	37	0	171					
Bonita Tuna	57	43	0	238					
Seabass	57	43	0	172					
Tilapia	56	44	0	161					
<b>TRADER JOE'S</b>									
Turkey & Giblets	32	59	9	235	45	34	13	1.16	180
Chicken/Turkey/Rice	31	57	12	214	44	33	18	1.07	182
Ocean Fish/Salmon/Rice	33	56	11	240	46	32	15	1.16	176

## CAT FOOD – NUTRITIONAL COMPOSITION

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	CALORIE %				DRY MATTER %				kcal/5.5 oz unless otherwise noted
	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
Tuna			5					1.61	
<b>TRIUMPH</b>									
Chicken & Liver	28	62	10	191	41	38	14	0.98	215
Turkey	27	67	6	213	41	42	10	1.14	223
Turkey – Kitten (or adult)	36	53	11	295	47	29	15	1.36	182
Beef	27	63	10	186	40	38	14	0.96	220
Seafood – Kitten (or adult)	36	54	9	345	47	29	12	1.58	185
Salmon	32	55	14	263	43	31	19	1.25	193
Ocean Fish	38	50	12	279	49	27	15	1.27	166
Trout	32	56	12	243	44	31	16	1.16	186
<b>ULTRAMIX</b>									
Chicken	35	44	21	309	41	22	25	1.29	149
Chicken – Indoor	33	49	18	271	41	25	23	1.19	160
Salmon	32	51	17	297	41	26	22	1.32	161
Turkey	34	47	19	286	42	24	23	1.24	156
<b>WELLNESS</b>									
<b>Grain-free (look for the yellow triangle stating “Grain Free”)</b>									
Kitten	28	67	5	216	43	42	7	1.15	223
Chicken	30	66	4	219	45	41	6	1.15	220
Turkey	31	65	4	200	46	40	6	1.04	218
Beef & Chicken	31	65	4	226	46	39	6	1.17	194
Turkey & Salmon	37	58	5	299	50	33	7	1.44	182
Chicken & Herring	34	60	6	303	48	34	8	1.48	189
Beef & Salmon	30	64	6	207	44	39	9	1.06	196
<b>Contains rice</b>									
Chicken & Lobster	29	61	11	264	40	36	15	1.31	196
Salmon & Trout	27	65	8	248	40	39	11	1.28	208
Sardine, Shrimp & Crab	34	50	16	293	44	26	20	1.30	163
<b>CORE – grain-free</b>									
Indoor	44	44	12	348	52	21	14	1.43	148
Kitten	36	58	6	255	50	33	8	1.23	195
Chicken/Turkey/Chicken Liver	32	60	8	215	46	36	11	1.08	218
Turkey & Duck	38	57	5	265	52	32	8	1.28	188



## CAT FOOD – NUTRITIONAL COMPOSITION

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	CALORIE %				DRY MATTER %				kcal/5.5 oz unless otherwise noted
	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
Beef, Venison, & Lamb	34	61	5	171	48	36	7	0.85	210
Salmon/Whitefish/Herring	37	50	13	269	47	26	17	1.20	192
<b>Minced</b>									
Chicken	32	58	10	318	43	32	13	1.48	88/3 oz
Turkey	36	51	13	372	44	26	16	1.63	83
Turkey & Salmon	36	52	13	373	45	27	16	1.63	84
Salmon	36	55	9	424	45	29	11	1.87	82
Tuna	52	35	14	360	56	16	15	1.37	73
<b>Cubed</b>									
Chicken	33	57	9	327	44	31	13	1.51	87/3 oz
Turkey	35	53	12	334	45	28	15	1.49	83
Turkey & Salmon	36	53	12	347	45	28	15	1.55	83
Salmon	38	53	10	425	47	27	12	1.86	81
Tuna	52	34	14	354	57	15	16	1.37	85
<b>Sliced</b>									
Chicken	32	58	10	327	43	32	13	1.52	87/3 oz
Turkey	35	52	13	375	44	27	16	1.65	83
Turkey & Salmon	35	52	12	376	44	27	16	1.66	83
Salmon	38	52	10	428	47	27	12	1.87	81
<b>Healthy Indulgence pouches</b>									
Chicken & Chicken Liver	33	54	13	314	43	29	16	1.43	79/pouch
Turkey & Chicken	33	54	13	278	44	29	17	1.27	80/pouch
Turkey & Duck	37	54	9	187	49	30	12	0.86	73/pouch
Duck with Shrimp	36	53	11	165	47	29	15	0.76	72/pouch
Crab & Herring	38	53	9	206	48	28	12	0.92	70/pouch
Salmon & Chicken	39	49	12	291	47	24	15	1.24	67/pouch
Salmon & Tuna	36	53	11	317	46	28	14	1.43	76/pouch
Tuna	48	38	14	259	55	18	16	1.04	66/pouch
<b>WERUVA</b>									
<b>Chicken and Beef</b>									
Paw Lickin' Chicken	65	32	3	196	77	16	4	0.82	103
Grandma's Chicken Soup	53	26	21	193	61	12	24	0.77	97
Funky Chunky	52	29	19	201	60	14	23	0.82	101
Nine Liver	59	33	9	200	70	16	10	0.84	101
Green Eggs & Chicken	56	35	9	230	68	18	11	0.97	102
Peking Ducken	62	29	9	195	72	14	11	0.79	96
On The Cat Wok	53	43	4	163	69	23	5	0.74	115

## CAT FOOD – NUTRITIONAL COMPOSITION

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	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
Steak Frites	45	49	5	118	62	28	7	0.57	132
<b>Seafood</b>									
Mideast Feast	61	32	7	202	70	15	8	0.81	116
Mediterranean Harvest									
Meow Luau	64	33	3	253	75	16	4	1.04	105
Marbella Paella	62	37	1	253	73	18	1	1.05	111
Outback Grill	62	37	1	562	68	17	1	2.15	89
Asian Fusion	62	37	1	295	73	18	1	1.22	111
Polynesian BBQ	64	30	6	390	81	16	7	1.57	141
Mack and Jack	78	22	0	337	84	9	0	1.26	93
<b>Cats in the Kitchen – pouches</b>									
Pumpkin Lickin' Chicken	63	25	12	195	71	12	14	0.77	61/3.2 oz
Chick Magnet	48	36	16	157	59	18	19	0.67	70/3.2 oz
Love Me Tender	56	27	17	205	64	13	20	0.82	62/3.2 oz
1 If By Land, Two If By Sea	55	29	16	200	63	14	19	0.97	60/3.2 oz
Mack Jack and Sam	53	29	18	212	61	14	21	0.85	60/3.2 oz
Pumpkin Jack Splash	67	19	14	258	72	8	14	0.96	53/3.2 oz
<b>Cats in the Kitchen – cans</b>									
Tu Two Tango	57	38	5	343	68	19	6	1.43	58/3.2 oz
La Isla Bonita	51	46	3	166	67	25	5	0.77	87/3.2 oz
Goldie Lox	66	30	4	252	75	14	5	1.01	54/3.2 oz
Kitty Gone Wild	60	35	5	412	68	16	5	1.62	53/3.2 oz
Funk in the Trunk	63	29	8	250	72	14	9	0.99	51/3.2 oz
Fowl Ball	41	55	4	180	57	32	6	0.89	81/3.2 oz
Splash Dance	50	46	4	292	64	24	6	1.30	78/3.2 oz
Lamb Burger–ini	45	47	8	236	58	25	10	1.05	77/3.2 oz
Chicken Frick 'A Zee	51	47	2	174	67	26	3	0.81	78/3.2 oz
The Double Dip	48	45	8	248	61	23	10	1.10	66/3.2 oz
<b>ZIWIPEAK</b>									
Lamb	32	66	2	224	48	41	3	1.18	220/6 oz
Venison	39	59	2	338	54	33	2	1.63	197
Venison & Fish	42	58	0	260	58	33		1.25	198
Lamb & Rabbit	36	62	1	280	51	36	2	1.39	207
<b>END canned food section</b>									

## CAT FOOD – NUTRITIONAL COMPOSITION

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	P	F	C	mg Phos/100 kcals	P	F	C	Phos DM	
	<b>PASTEURIZED by heating</b>								
	These are not raw products but they are also not as heavily processed as canned foods.								
<b>COUNTRY PET</b>	Heated to 176 degrees F for 10 minutes then blast frozen								
	I am including the dog food which has the same level of supplementation as the cat food except that extra taurine is not added. However, taurine is present in meat and organs in large amounts so the dog food may be sufficient since this product is 100% meat/organs (versus grains and vegetables) and is not heavily processed. That said, if feeding the dog food as a substantial part of a cat's diet (>50%), add ~100 – 150 mg/day of taurine which is easy to source.								
Lamb & Chicken – cat food (with added taurine)	33	67	0	328	48	39		1.59	45/oz
Chicken – dog food	40	60	0	375	50	31		1.60	37/oz
Lamb – dog food	25	71	4	331	35	40	6	1.61	55/oz
<b>FRESHPET</b>	This food is very expensive on a calorie basis. One reason is that it is very high in water at ~84%. Note that it only has 80 calories per 5.5 ounces whereas other foods have 2 – 2.5 X more calories. Most cats require at least 180 – 225 calories per day. Therefore, you will need to feed a lot of this food to meet your cat's caloric needs.								
Cup – Chicken & Shrimp	47	36	18	141	53	17	20	0.57	80/5.5oz
Cup – Turkey & Liver	43	32	25	137	49	15	28	0.54	80/5.5oz
Cup – Whitefish & Salmon	46	32	22	142	52	15	24	0.55	80/5.5oz
	The next 2 Freshpet selections contain 60% water. This is lower than the average canned food at 78% but much higher than dry kibble at 7–10%. Keep in mind that high dietary water promotes urinary tract health.								
Vital Meal (semi-moist) Chicken, fish, egg	40	56	4	234	53	31	5	1.10	218/cup
Roasted Meal – (semi-moist) Chicken w/carrots, spinach	37	54	9	229	49	29	12	1.05	213/cup

**CAT FOOD - NUTRITIONAL COMPOSITION**

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	CALORIE %				DRY MATTER %				kcal/5.5 oz unless otherwise noted
	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
	<b>FREEZE DRIED/DEHYDRATED</b>								
	Pasteurized by hydrostatic high pressure, aka high pressure processing, or with heat								
	<p><b>ADD WATER!</b> Never feed a water-depleted diet. See Opie's pictures at <a href="http://catinfo.org">catinfo.org</a> - <b>Urinary Tract Health</b> page - for a good look at the tremendous suffering often caused by feeding water-depleted diets to cats. Cats do not drink enough water from their water bowl to make up for the deficit in water intake when fed dry foods. Cats do not have a high thirst drive. Many veterinarians have reported a significant decrease in urinary tract cases when dry food is removed from the diet and water-rich diets are fed instead.</p>								
<b>ADDICTION</b>	Heat pasteurized								
Brushtail & Berries Entree	34	35	31		37	16	34		97/oz dry
<b>PRIMAL</b>	The chicken diet is pasteurized with HPP/the beef diet is not; every batch is cultured for salmonella and e.coli prior to shipment.								
Chicken & Salmon	42	57	1	250	55	31	1	1.15	157/oz dry
Beef & Salmon	40	60	0	350	54	33		1.64	161/oz dry
<b>NATURE'S VARIETY</b>	Pasteurized with HPP; <b>not complete and balanced</b> - for intermittent/supplemental feeding only.								
Chicken									
Beef									
Lamb									
	<b>FREEZE DRIED/DEHYDRATED</b>								
	No pasteurization								
<b>HONEST KITCHEN</b>	Steamed to 140 - 165 degrees F before dehydrating; all raw ingredients are tested for salmonella and e.coli; all batches are tested for salmonella, e.coli, and listeria post-processing/prior to shipment								
Prowl	26	54	20	178	35	30	26	0.84	576/dry cup
Grace	29	61	10	235	40	35	15	1.15	629/dry cup

**CAT FOOD – NUTRITIONAL COMPOSITION**

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	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
<b>ZIWIPEAK</b>	Testing for pathogens is performed weekly.								
Venison	30	61	9	348	49	41	12	1.98	133/scoop
Lamb	28	64	8	268	48	45	11	1.59	139/scoop
Venison & Fish	32	59	9	306	51	39	12	1.71	131/scoop
See comments regarding raw diets and making cat food below – #10 & #11 (page 26).	<b>RAW</b>								
	Pasteurized by hydrostatic high pressure, aka high pressure processing								
<b>NATURE'S VARIETY</b>	Every batch is cultured for salmonella and e.coli prior to shipment.								
Chicken	25	74	1	116	39	48	1	0.64	65/oz
Beef	26	70	5	121	38	42	7	0.62	65/oz
Lamb	23	76	1	152	36	49	2	0.84	65/oz
Duck	32	66	2	494	44	37	3	2.36	65/oz
Bison – not a complete diet – for supplemental feeding only (low in taurine but can add on your own ~150 mg/day)	27	69	4	513	40	41	6	2.62	65/oz
Venison	32	71	0	151	44	40		0.72	65/oz
Rabbit	29	70	1	339	43	44	1	1.79	65/oz
Organic Chicken	27	73	0	129	42	46		0.69	65/oz
<b>PRIMAL</b>	The poultry diets are pasteurized with HPP/the other diets are not. Every batch is cultured for salmonella and e.coli prior to shipment.								
<b>Frozen Formulas</b>									
Turkey	41	59	0	231	56	33		1.07	45/oz
Quail	43	53	4	261	53	27	5	1.13	44/oz
Pheasant	38	62	0	227	47	31		0.97	47/oz
Rabbit	60	38	3	639	61	16	3	2.29	39/oz
Venison	46	48	6	338	53	23	7	1.37	45/oz
Chicken & Salmon	34	64	2	367	48	37	3	1.81	47/oz
Beef & Salmon	36	58	6	241	48	32	8	1.13	53/oz
	<b>RAW</b>								
	No pasteurization								

## CAT FOOD – NUTRITIONAL COMPOSITION

Data compiled by Lisa A. Pierson, DVM – September 2012

Data provided by the respective companies – June – September 2012

	CALORIE %				DRY MATTER %				kcal/5.5 oz unless otherwise noted
	P	F	C	mg Phos/100 kcals	P	F	C	Phos DM	
<b>BRAVO</b>	Chicken: chicken, chicken frames; Turkey: necks; Beef: beef and beef bones; high phosphorus infers high bone content								
<b>Balance Blends</b>									
Chicken	36	63	1	416	49	36	2	2.00	31/oz
Turkey	38	59	2	552	51	32	3	2.56	35/oz
Beef	57	37	6	371	68	18	7	1.54	34/oz
<b>DARWIN'S</b>	Source: all necks – very high bone content								
Turkey	45	47	8	819	58	25	11	3.73	44/oz
<b>FELINE'S PRIDE</b>	Chicken source: thighs (lower bone content); Turkey, Duck, CH, Rabbit: whole carcass – much better than backs, necks, or frames – however, note the high phosphorus content for the rabbit								
Chicken	38	61	1	200	55	37	2	1.03	32/oz
Turkey	51	49	0	286	67	26		1.30	26/oz
Duck	29	69	2	273	46	45	3	1.50	42/oz
Cornish Hen	41	59	0	225	59	35		1.13	31/oz
Rabbit	68	31	1	928	69	13	1	3.29	21/oz
<b>NATURE'S LOGIC</b>									
Chicken	29	68	3	288	38	36	4	1.30	245/patty
Rabbit	28	72	1	234	40	43	1	1.20	245/patty
Beef	22	77	1	135	38	54	1	0.80	245/patty
<b>RAD CAT</b>	Every batch is cultured for salmonella and e.coli and held for a negative result prior to shipping. Boneless, skinless thigh and leg meat is used for the poultry diets. Other boneless cuts (e.g. shoulder) are used for the lamb diet. Bonemeal is used for balance. Meat and organs are sourced from a single-species for each variety but chicken yolks are used for all three products.								
Chicken	51	49	0	302	66	27		1.35	38/oz
Turkey	55	42	3	311	66	21	3	1.3	32/oz
Lamb	27	71	2	140	44	47	4	0.79	52/oz
	<b>VETERINARIAN-PRESCRIBED</b>								
<b>HILL'S</b>									
a/d	33	55	12	214	44	30	15	1.00	180
c/d w/Chicken	36	42	22	160	44	21	27	0.68	163

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	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
c/d w/Seafood	38	38	24	173	45	18	28	0.71	147
d/d – Duck	29	54	17	163	38	29	22	0.75	189
d/d – Venison	28	56	16	158	37	30	21	0.73	197
g/d	29	39	32	124	34	20	39	0.52	165
i/d	30	47	23	196	38	24	29	0.86	161
j/d	31	38	31	189	38	19	37	0.79	152
k/d	22	50	27	84	29	27	35	0.38	183
l/d	25	45	30	154	32	23	38	0.68	183
m/d	46	41	14	171	53	19	16	0.69	156
r/d	41	25	34	197	38	9	31	0.63	114
s/d	29	58	13	115	40	33	18	0.56	215
t/d – DRY (kibble)	31	39	30	204	35	18	34	0.80	265/cup
w/d	37	38	25	183	40	17	26	0.68	127
z/d	28	37	34	154	34	18	41	0.64	169
<b>IAMS</b>									
Skin & Coat Plus	33	53	14	217	43	29	18	1.00	185/6 oz
Intestinal Plus	37	27	36	247	39	12	38	0.92	169
Weight Loss/Mobility Plus	40	34	25	224	46	16	29	0.90	172
Urinary–S Plus	33	50	17	167	42	27	23	0.76	191
Urinary–O Plus	31	56	13	154	42	31	18	0.72	191
Renal Plus	26	45	28	134	33	23	35	0.58	199
Maximum Calorie Plus	29	62	9	159	41	37	14	0.80	333
<b>PURINA</b>									
DH – DRY (kibble)	37	32	31	400	40	14	33	1.5	270/cup
DM	39	58	3	263	53	33	5	1.27	191/5.5 oz
DM Savory Selects	51	39	10	246	61	19	12	1.03	171
EN	35	52	13	285	46	28	17	1.3	179
NF	27	48	25	109	35	25	32	0.49	193
OM	43	35	22	268	47	15	23	1.01	128
OM Savory Selects	51	39	10	323	56	17	11	1.22	124
UR	38	55	8	207	51	30	10	0.97	179
<b>ROYAL CANIN</b>									
Calorie Control 5.8 oz Pate	55	30	14	280				1.03	92/5.8 oz
Calorie Control 3 oz Morsels in Gravy	50	25	25	240				0.99	49/3 oz

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	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
Calorie Control – High Fiber	32	40	29	160				0.74	141/6 oz
DD – DRY	29	33	38	200				0.82	287/cup
Gastrointestinal High Energy	32	49	20	260				1.39	189/5.8 oz
Gastrointestinal Moderate Calorie	38	32	30	280				1.36	64/3 oz
Hypoallergenic Selected Protein Duck	32	51	17	170				0.92	196/5.9 oz
Hypoallergenic Selected Protein Rabbit	35	49	16	310				1.64	173/5.9 oz
Hypoallergenic Selected Protein Venison	31	44	25	280				1.52	161/5.6 oz
Recovery RS	38	56	7	250				1.32	183/5.8 oz
Renal LP Modified 6 oz Pate	21	66	14	80				0.47	219/ 6 oz
Renal LP Modified 2.5 oz Morsels in Gravy	21	58	21	80				0.48	84/2.5 oz
Urinary SO 5.8 oz Pate	32	47	21	170				0.81	142/ 5.8 oz
Urinary SO 3 oz Morsels in Gravy	33	46	22	170				0.84	76/3 oz
Urinary SO Moderate Calorie	41	34	25	190				0.84	60/3 oz

### GENERAL NUTRITION/LABEL READING/DATA ANALYSIS

1) Cats are **obligate carnivores** and are metabolically designed to consume diets with the following **general** composition: 1) animal (not plant)-based protein (>50% calories), 2) moderate fat (~20–45% calories), 3) very low carbohydrate (1–2% calories), 4) water-rich (~70%). Keep this in mind when choosing food for cats but also understand that pet food ingredients are profit margin-driven. Animal protein is more expensive than plant protein, fat, and carbohydrate sources (grains, potatoes, and vegetables). Therefore, there are not many diets on the market that mimic the above composition – except for the **favorable water content found in all canned, not dry, foods.**



## CAT FOOD – NUTRITIONAL COMPOSITION

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P	F	C	mg Phos/ 100 kcal	P	F	C	Phos DM	

2) You will notice that many commercial diets are high in fat and/or carbohydrate. High-fat meat trimmings from the human market, not lean muscle meat, are what make their way into the pet food chain, and grains are less expensive than meat. However, keep in mind that the feline species is designed to process fat better than carbohydrate and the vast majority of cats do very well on the higher fat diets. For more information on the diet that obligate carnivores are designed to eat, see Dr. Zoran’s article entitled “The Carnivore Connection to Nutrition in Cats” at [catinfo.org](http://catinfo.org).

3) Biological Value: **Animal-based protein has a much higher biological value when compared to plant-based protein.** Grains supply both protein and carbohydrate. Therefore, high carb diets often have much of their protein coming from plants. Consider not only the *\*amount\** of protein in a diet but also the *\*source\** of the protein. Diets using whole grains or glutes (gluten = plant-based protein) have a portion of their protein coming from low biological value sources. See [catinfo.org](http://catinfo.org) for a discussion on biological value as it pertains to obligate carnivores.

4) To expand on #2: How do we know how much of the protein is coming from animals versus plants when an ingredient list includes both animal and plant (grains/potatoes/vegetables) protein sources? The answer is, we don’t know but we need to be aware of the **‘ingredient splitting’** issue. Ingredients are listed in descending order by weight. Consider this ingredient list: “Chicken, brewers rice, corn gluten meal, whole grain corn, wheat gluten.” Consumers often focus on the fact that “chicken” is the first ingredient but when the grain fractions are added together, their contribution to the diet is greater than the meat. Meat is also higher in water than grains making it less protein-dense. This compounds the problem of grains contributing more to the protein level than the animal sources. This type of ingredient list does not represent an optimal carnivore diet. Meat **‘meals’** are a more concentrated source of protein but they are also very heavily processed which results in nutrient loss.

**CAT FOOD – NUTRITIONAL COMPOSITION**

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	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
<p>5) Cats have a <b>low thirst drive</b> and are <b>designed to get their water needs met by their prey or food bowl</b>. Canned food (vs dry kibble) promotes <b>urinary tract health</b> and <b>optimal systemic hydration</b> which is especially critical for cats with kidney insufficiency. See Opie’s pictures at <a href="http://catinfo.org">catinfo.org</a> – <a href="#">Urinary Tract Health</a> page – for a look at the suffering that water-depleted diets very often contribute to. Please do not fall into the trap that so many people do by engaging in wishful thinking and assuming that your cat makes up the water deficit at the water bowl. Many studies have shown that when all water sources are considered (food and water bowl), cats eating dry food – even the “good drinkers” – consume ~50% the amount of water that a cat on canned food consumes. This is in spite of the fact that cats on water-rich diets rarely go to the water bowl.</p>									
<p>6) <b>“Grain-free” does not necessarily mean “low-carb”</b>. Potatoes and peas are often used in “grain-free” products which <i>may</i> result in a high carbohydrate diet. This is why it is important to consider the <b>composition</b> (% calories from protein/fat/carbohydrate) and not just the ingredient list. The ingredient list does not tell you how much potato, rice, vegetable matter etc., is in a product. If the diet is low in carbohydrates, there can’t be much of those ingredients in the product. Note that “gravy” foods tend to be high in carbohydrates.</p>									
<p>7) <b>I do not favor feeding fish-based diets</b> for several reasons: 1) high allergy potential, 2) toxins/mercury levels, 3) PBDE levels (fire retardant chemicals with thyroid-disrupting properties), 4) often high in phosphorus and magnesium, 5) significant addiction issues – the cat will not eat anything else.</p>									
<p>8) Pouches are typically high in water and tend to be expensive on a \$\$/calorie basis. I suggest looking for products with a <b>maximum water content of 78%</b>, versus 82% or 85%.</p>									
<p>9) 100% of a diet’s calories come from protein, fat, and carbohydrate. Therefore: % protein calories + % fat calories + % carbohydrate calories = 100% This means that if, for example, a diet is appropriately low in carbohydrates, the diet will be higher in protein, fat, or both. It is like a three-way teeter totter – if one fraction goes up or down, one, or both, of the other two must increase or decrease accordingly.</p>									

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P	F	C	mg Phos/100 kcals	P	F	C	Phos DM	

10) **Raw diets:** As is true of canned foods, not all raw diets are created equal. The two main issues to consider are: 1) the bone content and 2) the steps taken to mitigate the risk of pathogens (e.g., pasteurization/culturing). The phosphorus content is a rough indication of how much bone is in the diet. When necks and backs are used, the diet will have a very high bone content which will result in excess mineral consumption as well as increase the chance of constipation.

11) If you are interested in making your own cat food, see the **Making Cat Food** page at [catinfo.org](http://catinfo.org) for a detailed discussion regarding safe preparation and sourcing, along with a recipe that I have been feeding to my own cats for 10 years. The peace of mind that comes with **control over ingredients, composition (including the bone amount and how finely it is ground), and safety issues** is priceless.

12) There are two ways to generate the data contained in this chart: 1) values are obtained from a nutrient database or 2) the food is submitted for laboratory analysis post-processing. Method #2 is superior to #1. The vast majority of companies employ method #2. If specific details are required, please contact the company.

**Companies that were contacted but not included**

Companies vary greatly in their willingness to provide basic ‘typical nutrient analysis’ data. Many companies provided data promptly or they post the data on their website (gold stars to them) but it was necessary to call and email a number of companies many times before receiving any information.

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	CALORIE %				DRY MATTER %				kcal/5.5 oz unless otherwise noted
	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
	<p>The following three companies refuse to provide ‘typical nutrient analysis’ data, stating that it is “proprietary” information. By taking this stance, they are stating that consumers do not have the right to know the nutrient composition of the diets they are purchasing for their pets. <b>It is up to the consumer to decide whether to support these companies with their purchasing dollars or to choose another company’s products.</b> Note that the information requested for inclusion on this list is not excessive and is freely stated on many pet food company websites. <b>It is basic nutritional information that all pet food manufacturers should make readily available.</b></p>								
<b>BLUE BUFFALO</b>	<p>A customer service representative provided carbohydrate values over the phone. Note that, despite being “grain free”, all of the canned foods are high in carbohydrates, including the ‘Wilderness Wild Delights’. The only diets that appear to be low in carbohydrates are the ‘Wilderness’ pate varieties – Kitten, Chicken, Turkey, Salmon, and Duck. However, I will not use or recommend products from any company that refuses to provide ‘typical nutrient analysis’ data for their diets.</p>								
<b>BY NATURE</b>	<p>By Nature refused to provide any useful data.</p>								
<b>STELLA &amp; CHEWY’S</b>	<p>This company required that I sign a confidentiality agreement before they would provide ‘typical nutrient analysis’ data for their macronutrients (moisture, protein, fat, fiber, ash). This would obviously defeat the purpose of gathering data for this chart and exhibits a lack of transparency.</p>								
	<p>The following companies refused to provide ‘typical nutrient analysis’ data for inclusion on this chart. You will need to call and ask for “typical nutrient analysis”, not “guaranteed analysis” or choose another product from the list above.</p>								
<b>MARS – WHISKAS/SHEBA</b>									
<b>PETGUARD</b>									
	<b>Still waiting for data as of 10-4-12</b>								
<b>Addiction</b>	Need phosphorus data								
<b>Fresh Pet</b>	Need all data								

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	P	F	C	mg Phos/100 kcal	P	F	C	Phos DM	
<b>Nature's Variety</b>	Need freeze-dried data; need data on several canned foods								

This chart required hundreds of hours of phone calls, emails, and data entry to compile. Obtaining data from some pet food companies was extremely time-consuming, and speedy data entry is not my forte. Although I tried to be very careful with data entry, mistakes may have occurred. If a value does not look correct, contact me at [drpierson@catinfo.org](mailto:drpierson@catinfo.org). If you do not receive a response, contact the manufacturer for verification.

Many thanks to Janet & Binky for their pioneering work in supplying nutrient data for cat owners. Their food chart has helped us choose suitable feline diets for many years. (I think that Binky would be pleased to pass the baton to Robbie.)